

Panned Cabbage

Makes: 4 servings

Ingredients

1 1/2 teaspoons butter (or margarine)

4 cups cabbage (finely shredded)

1/8 teaspoon salt

1 pepper (to taste)

2 tablespoons water

1 tablespoon lemon juice

Directions

1. Melt butter or margarine in a heavy saucepan or skillet.
2. Add cabbage and sprinkle with salt and pepper. Add water.
3. Cover pan with a tight-fitting lid to hold in steam.
4. Cook over low heat until cabbage is tender (6 to 8 minutes), stirring occasionally to prevent sticking.
5. Add lemon juice and serve.

North Dakota State University Extension Service, Creative Vegetable Cookery

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	30	
Total Fat	1.5 g	2%
Protein	1 g	
Carbohydrates	5 g	2%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	85 mg	4%